## Eat Healthy for Life.



Start smart with breakfast. Look for whole-grain cereals.

Just because bread is brown doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is "whole" (like "whole wheat").

Vary your veggies

Color your plate with all kinds of great-tasting veggies.

What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.

Focus on fruits

Fruits are nature's treats — sweet and delicious.

Go easy on juice and make sure it's 100%.

Get your calcium-rich foods.

Move to the milk group to get your calcium, protein and other essential nutrients, all of which are important to build strong bones and healthy bodies.

low-fat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled not fried.

> It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.